

Vol. 36

No. 9

GATEWAY TO EXCELLENCE

September 1999

# ST. LOUIS ARMY ENGINEER DIST **ESPRI**

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## Wappapello, Resource Project of the Year

Wappapello Lake has been selected as the U.S. Army Corps of Engineers 1999 Natural Resource Project of the Year. This prestigious award is presented annually to one project nationwide. The award was presented during the National Awards Dinner and Ceremony, part of the Senior Leaders Conference held this year in San Francisco, California.



LTG Ballard presents the Resource Project of the Year Award to Gary Stilts, Diane Stratton, Andrew Jefferson and Major Wood at the Senior Leadership Conference.

Wappapello Lake received the award because of its exceptional achievement in natural resource management, efficiency in the use of financial and personnel resources, success in interagency programs, initiative in public involvement and effectiveness in visitor safety. Partnerships developed by the lake staff with Federal, State, and local agencies, or-

ganizations, and volunteers have improved and continue to improve programs in natural resource management, recreation management, safety, and interpretive services and outreach programs at the lake.

One of the most outstanding programs developed by the lake is its exceptional safety program. The lake staff has developed an effective and growing water safety program by building a safety team with other agencies and local businesses. Currently, 65 safety partners help educate the public on water safety. Part of this program is the nationally recognized Ranger Willie B. Safe program, which includes activity books and safety songs, newspaper cartoons, monthly electric bill inserts and a marketing video. Another safety program is the

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## Commander's Perspective



**"Safety must be an integral part of our daily lives."**



**Col. Morrow with Lockmaster Tom Miller at Melvin Price Locks and Dam during gate repair work.**

I have had the opportunity this past month to visit numerous District projects, lakes, and locks and dams. Throughout my travels I have observed daily routines and major repair missions. At every location my message is the same, safety is critical to our mission accomplishment. I have observed safety briefings and have participated in safety discussions with employees. I recently attended a 0630 safety briefing conducted at Melvin Price Lock and Dam at the start of their major repair work on the gates. I told the workers that nothing they do here is worth the loss of life, limb or eyesight. The safety analysis conducted was in-depth and covered the associated hazards. The crews went on to discuss mitigation factors on how to reduce risk associated with the job.

Safety must be an integral part of our daily lives. No one wakes up and says, "I think I'll have an accident today." We must constantly think of safety in all that we do on the job and at home. Getting to work some mornings can constitute a severe safety challenge. We must continually assess the risk and implement ways to reduce it. We do this on a daily basis and do not even think about it. When you decide to start a little early for work because of poor weather you have just implemented a change that will reduce your risk while traveling. I was on the road to one of our field sites when I was caught in a torrential downpour that cut visibility drastically. I pulled off at the nearest exit and waited for the storm to pass. I was a little late getting to my next location, but I got there.

When we take short cuts with safety we are playing Russian roulette. Short cuts that result in injuries always add time to a project in the form of lost time, investigations and rearranged schedules. Never take a short cut with safety. Make safety your primary concern and always think through your actions. Look for ways to reduce risk and look out for your buddy. It is no mistake that our Corps helmets have "THINK SAFETY" prominently stenciled on the sides.

I am the safety officer for the District and I fully support the safety program. I care about each and every one of you and your families and want you to create a safe work environment where safety is foremost in our daily routines.



**US Army Corps  
of Engineers**  
St. Louis District

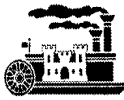
ESPRIT is an unofficial publication authorized under the provisions of AR 360-81. It is published monthly, by contract, in 1450 copies, by the Public Affairs Office, U.S. Army Engineer District, St. Louis. Views and opinions expressed in this publication are not necessarily those of the Department of the Army.

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## News Briefs

### Carlyle Lake:

#### Scribner award

The St. Louis District presented the Commander's Award to Mr. William Scribner of the Mid-Kaskaskia Association for his many years of dedication with the association. The Mid-Kaskaskia Association has worked with our Water Control Office for more than 25 years. Dave Busse of the Water Control Management Unit, presented the award to Mr. Scribner at the association's annual meeting.



### Rend Lake:

#### Brood ponds

Rend Lake continues to work with the Illinois Department of Natural Resources to manage and improve the fishery in Rend Lake. As part of this management, we continue to operate brood ponds around the lake. In the spring, special ponds are stocked with fingerling fish to be raised until the end of the summer when the fish are about four inches long. These fish are then released into the lake. Raising the fish in the ponds from when they are about an inch long allows them time to grow in relative safety, thus ensuring the survival of more fish to stock the lake.

The Mine 21 Brood Pond released about 22,000 "stripers," striped bass, into the lake. The North Sandusky Brood Pond supplied the lake with 16,538 large-mouth bass, which was about 600 pounds of fish. Rend Lake was one of three lakes in Southern Illinois that hosted a national bass fishing tournament called Bass Quest in

August. Based on the comments of the professional fishermen who participated, Rend Lake's bass fishery is doing exceptionally well.

### Lake Shelbyville:

#### Watercraft shop

Corps management-level personnel, along with other federal, state and private groups, got the opportunity to gain a better understanding of personal watercraft during a workshop held at Lake Shelbyville last month.

Representatives from the Personal Watercraft Industry Association (PWIA) were on hand to discuss the uses and impacts personal watercraft have had on water-based recreation. They provided several models of personal watercraft so attendees could experience for themselves some of the things discussed during the workshop.

This was one of seven workshops conducted nationwide during fiscal year 1999. The information

(Continued on page 4)



### St. Louis District Employee of the Month

Ms. Shelia Thomas, Ordnance and Technical Service Branch, is the District's Employee of the Month for September.

Shelia led a project team in support of the U.S. Army Center of Military History that had potentially far-reaching implications and national prominence. She and her team researched allegations that African-American soldiers of the 364th Infantry Regiment were murdered at Camp Van Dorn in 1943. Her professionalism, credibility and candor allowed this sensitive issue to be fully researched and settled.

Congratulations to Shelia Thomas, the St. Louis District employee of the month for September.





## News Briefs (cont.) Walk with the DE

gained will be useful in formulating future management decisions regarding the watercraft at our projects.



Colonel Morrow, in an e-mail message, has invited District personnel to "health walk" with him at noon on Tuesdays and Thursdays. This is an opportunity for the DE to get to know his co-workers better and for them to get to know the DE better. It's also an opportunity to improve your physical conditioning and overall health.

The walks will begin at the basement back door promptly at

noon on Tuesdays and Thursdays.

The first walk took place on Tuesday, August 31st. It was a beautiful day, and 14 walkers took part. We expect more as word gets around about what a pleasant experience it is.

Come on out and join Colonel Morrow for a half hour of light exercise. You'll have fun and your body will thank you.

### District headquarters:

## Griffith is top logistician

Judy Griffith, Chief of the Logistics Management Office, St. Louis District, was recently honored by HQUSACE with the National Award for "Logistician of the



The walkers head around Bush Stadium about half way through the walk.



Year". This award is given only to Logistics Division Chiefs; including all Districts, Divisions, both CONUS and OCONUS. LT. General Ballard presented the award at the Senior Leadership Conference on August 16th in San Francisco.

Ms. Griffith was recognized for her dedication to the customers' needs, her strong support of the "Strategic Vision" statement, and her ability to plan and organize her resources and priorities.

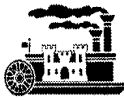
Please join with Logistics team in congratulating Judy on her well-deserved acclamation and prestigious award.

## School supplies

The caring people in the St. Louis District again made a difference in their community with a successful school supply drive. District CAC members, Marla Hayes, Karen Bautsch, Cathy Fox and Jessica Bush, along with Colonel Morrow, delivered more than 25 boxes of school supplies to Froebel School in South St. Louis. These items will truly benefit the school.

Daisy Fisher, a first grade teacher and summer worker in our Human Resources office during the

(Continued on page 12)



# Alexander/Pulaski Counties Feasibility Study

by Dave Gates, PM-N

The Alexander/Pulaski Counties study area consists of the Cache River watershed in the southernmost portion of Illinois (740 square miles). For reasons of marginal flood control benefits, changing land use, the recognized environmental uniqueness of the area and changing Corps wetlands restoration policy, the study investigation shifted from its original focus on flood control to its present purpose of habitat restoration.

A feasibility level planning investigation is in progress, and is due for completion in FY 2000. This study is one of the Corps' first single purpose environmental General Investigation studies. The Illinois Department of Natural Resources is the cost-sharing partner for the study. The study's planning work has also been closely coordinated with the U.S. Natural Resources Conservation Service, and the sponsor's Cache River Joint Venture Partners, that include The Nature Conservancy, Ducks Unlimited, and the U.S. Fish and Wildlife Service.

Factors contributing to the area's uniqueness include: trees more than 1,000 years old, the presence of both a state refuge (the 9,000 acre Cache River State Natural Area) and a national refuge (35,000 acre Cypress Creek National Wildlife Refuge), exceptionally large trees including two national records and twelve state champions, numerous endangered species, and two national natural landmarks (Lower Cache River Swamp and Heron Pond/Little Black Slough). The study area is one of only six areas in the U.S. where four or more physiographic regions overlap, a factor lending to the area's exceptional biological diversity.

Sedimentation from tributary streams, and excessive water drainage during the summer season are serious threats to the future health of Lower Cache River Swamp, and river bed entrenchment threatens to drain Heron Pond/Little Black Slough area. If major engineering solutions are not undertaken, this unique wetlands complex will be lost within decades.

An economically justified habitat restoration plan has been developed and is undergoing general design work at this time. The plan consists of:

A. A stair-step system of rock weirs along the Upper Cache River. This system will provide for grade control, while at the same time allowing for the maintenance of historic over bank flooding characteristics important to the survival of the native cypress/tupelo plant community at Heron Pond/Little Black Slough. The structures are also being designed to allow for the up river/down river movement of fish.

B. Major water control structures at the west and east ends of Lower Cache River Swamp (LCRS). The east end structure will help to divert spring flood flows out of the LCRS to Post-Creek Cutoff, but will also prevent excessive dry season drainage of the swamp. The west end structure will serve to further regulate LCRS water levels, and in combination with an existing road embankment--will allow sediment-laden waters from Big Creek (the main source of LCRS sedimentation)

to be diverted away from the natural area.

C. Selective deepwater dredging is planned to create conditions more conducive to the survival of fish and other aquatic organisms within the LCRS.

D. Two channel cuts at the confluence of Big Creek and the Lower Cache River will reduce flood peaks in this vicinity. A key benefit of this measure will be the enhanced flood protection of the Bellrose Preserve waterfowl management units during the summer growing season and a more reliable food supply for waterfowl during migration.

E. The plan also calls for the partial reconnection of the Upper and Lower Cache River to provide for a more permanent source of water to the Lower Cache River during the dry summer months, and to provide for fish movement between the Upper and Lower Cache River. (Water flows between the Upper and Lower Cache Rivers were severed by the locally constructed Post Creek Cutoff in 1915 and the Corps' construction of the Karnak levee across the Cache River floodplain in 1952.

F. An uplands sediment erosion control measure is also a planned feature of the project. The current total estimated project cost is \$15-20 million.

Release of the Draft Feasibility Report is anticipated for January 2000. The last of three public meetings will be held at that time.







# Festus-Crystal City Feasibility Study

By Pat O'Donnell, PM-F

## The Flood of 1993

Located near Platin Creek in Jefferson County, the twin cities are about 30 miles south of St. Louis. Like many towns near the Mississippi River, the Twin Cities of Festus and Crystal City were heavily damaged by the flood of 1993. They endured nearly six months without an operating sewage treatment plant, and the untreated effluent flooded back into their homes and businesses. The flooding closed roads that turned a two-minute drive across town into a circuitous, hour-long, white-knuckle crawl that tested everyone's manners. Fortunately, Festus and Crystal City have steadily rebuilt most of what the flood damaged.



## Study, Design and Construction Schedule

After the flood of 1993, St. Louis District conducted the St. Louis Region Reconnaissance Study. The study looked at nine areas in St. Louis City, St. Louis County, Jefferson County, and Ste. Genevieve County. The study results for Festus and Crystal City proved favorable, so in 1997 St.

Louis District began the Festus-Crystal City Feasibility Study. The study team completed most of the analysis by the end of 1998. We will soon send out a draft report for public review and policy review. In November we will begin design work, and hopefully in 18 months construction can begin. We are trying to have the project completed in three years.

## Project Features

The project's main feature is a 3600-foot long levee and mass stabilized earth (MSE) wall. The MSE wall will have a typical levee slope on the land

side  
wall  
on the  
river  
side

of the protection. The project also includes a railroad closure structure, pump station, and gravity drains. The project will use a large ponding area for inte-

rior drainage to reduce pumping costs. Roughly 22 acres of mitigation lands are required for stream relocation and wetlands loss.

## Challenges

Several challenges confronted the study team. The project had to avoid a large glass waste dump left from the former Pittsburgh Plate Glass factory, which was the main employer in Crystal City for a cen-

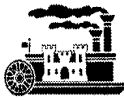
tury. Since the project needed to protect the Festus-Crystal City Wastewater Treatment Plant, the team had to figure out how to squeeze flood protection between the plant and Platin Creek without excessive cost.

The project could not use a 12-acre tract of deed-restricted mitigation land created when Wal-Mart located in the floodplain and destroyed wetlands. Most impor-



tantly, the preferred alignment for the flood protection project intended to use land purchased after the flood of 1993 using FEMA funds. FEMA deed restrictions for these land parcels prohibit structures, and FEMA determined that levees were structures.

From November 1998 to August 23, 1999, the project team continued its feasibility study with the hope that this issue could be resolved. Cost estimates for avoiding the FEMA buy-out land showed that the increased cost would kill the project. Finally, on August 23rd, FEMA granted an amendment to their deed restrictions to allow construction of a levee.



# A day as a visitor assistance ranger

By Norma Hall, Park Ranger

What does a Park Ranger do? This is what Colonel Morrow wanted to know as he assumed his new duties at the St. Louis District. He also wanted to spend a day and "Ride with a Ranger."

Colonel Morrow arrived at the Carlyle Lake Project on Saturday, August 7th, where he was picked up at the Visitor Center to go on patrol with Visitor Assistance Rangers David Baum and Ken Gregory.

Visitor Assistance Rangers' responsibilities center around the public and require good communication skills and the ability to always be ready to assist our visitors at a moment's notice. Explaining how the new National Recreation Reservation Service (NRRS) works and its importance has been one of the latest challenges.

Rangers patrol both the public lands and water providing information and safety awareness, as well as enforcing rules and regulations through issuance of verbal warnings, written warnings and actual citations. They also perform emergency operations, such as looking for missing persons, helping with boating or fishing accidents, quelling disorders, helping in case of fire or flooding situations, etc.

Improving customer service is one of the project's goals. Therefore, as they patrol, rangers interact with the public on a daily basis to get their input on improvements or changes the public would like made to improve their visit. The Visitor Assistance Ranger then acts as a liaison between the public, the project and the District making recommendations for improvements.

Again showing Our Customers Come First!

Colonel Morrow got first hand experience on some of these daily patrol activities with the Rangers. First, they checked Dam West Boat Ramp for compliance with the day use fees and visited the construction site of the new high water boat ramp and relocation of sewer lines. As they drove through the campgrounds, Ken explained the rules on camping compliance, payment of fees, double occupancy, illegal parking, etc.

The project provides access parking lots and some boat ramps around the lake to give the public easy access to the public land and the lake for hunting, fishing, viewing wildlife, or just taking a walk. Vandalism is a problem in these lots as well as to other facilities. Colonel Morrow got to see a vandalized bulletin board in one of the access lots, which provides general information, hunting and fishing regulations and Safety messages to the public.

Patrolling the water came next and Ken and Dave took Colonel Morrow out on the patrol boat explaining the various rules while on boat patrol and also how Rangers on beach patrol assist them as they see violations or unsafe boating practices. Ken also explained that a majority of their time is spent on

beach patrol and the importance of this interaction with the public. He explained, "that's where the visitors are and that's where we will be."

Colonel Morrow completed his day with a stop at the Carlyle Lake Visitor Center where he met and visited with two of the volunteers. The Visitor Center is operated in partnership with the Illinois Department of Natural Resources (IDNR) and staffed mostly with volunteers. As a volunteer they gain valuable skills, meet new people, and achieve a sense of contributing to the future of the project.

Each project divides their rangers into four areas: Interpretation and Public Relations, Recreation/Facilities, Resource Management, and Visitor Assistance. Also, the project requires the expertise of the administrative and maintenance staff to complete the Carlyle Lake staff team. We would like to invite Colonel Morrow to return and spend the day and experience the difference and importance of each of these areas in the operation of the Carlyle Lake Project.



Colonel Morrow and Ranger Baum assist a visitor.



# Progressive thinking provides open space and habitat enhancement

## National Great Rivers Museum Illinois Esplanade

By Hope Pollmann, CO-N

Opening in the new millennium, the National Great Rivers Museum will be dedicated to telling the story of the Mississippi River - its history, culture, ecology, and role as a transportation corridor. Leading up to the museum is the 38 acre Illinois Esplanade, which is currently covered with rubble and surrounded by chain-link fencing.

In preparation for the opening of the museum, an open space enhancement project is underway. Over 50,000 cubic yards of soil will be brought from another location in

order to convert the area to a scenic park-like setting. Once complete, the Illinois Esplanade will provide open space for visitors to experience the Mississippi River. The Esplanade will feature viewing areas, outdoor exhibits, picnic areas, parking and restroom facilities.

Also passing through the Illinois Esplanade is the Confluence Bikeway, which will run more than 25 miles, from the Clark Bridge at the end of the existing Vadalabene Bikeway in Alton south to the Jefferson National Expansion Memorial in East St. Louis. The Confluence Bikeway system will include connectors to East Alton via the Wood River Levee and to Edwardsville via Poag Road.

**Where do you  
find 50,000 cubic  
yards of soil?  
- The EDA**

In 1988, the Rivers Project initiated the conversion of 1,200 acres of low-lying agricultural ground into a prairie-marsh restoration area. Today the Riverlands Environmental Demonstration Area (EDA), located near West Alton, Missouri, serves as a wildlife refuge, habitat for endangered species recovery efforts and a living laboratory for educational programming.



In order to complete the Illinois Esplanade at the National Great Rivers Museum across the river from the EDA, soil from the outside is required to be hauled into the Esplanade site. This provides an excellent opportunity to expand the wet marsh in the EDA. Taking advantage of the Esplanade project, 18 acre wet-marsh complex is being created near Heron Pond. By removing soil, changing the gradient and adding water control capabilities, this area can be managed to enhance habitat and create additional space and foraging opportunities for shore birds, waterfowl and other migratory birds.







# Corps co-op program successful

Eric Litteken, Park Ranger at the Rivers Project Office, has been chosen for an internship at Sigma Chemical Company here in St. Louis, as an Analytical Laboratory Technician. Eric started as a STEP employee with the Corps of Engineers in May 1997 and was later promoted to a SCEP position in Natural Resources in the Fall of 1997. Currently he is working with the Visitor Assistance and Facilities Management Departments, while attending SIUE as a Chemistry Major.



Sigma's Cooperative Education Program was established in 1991. The program is aimed at giving students an opportunity to get hands-on experience in the chemical industry. David Lintz, a Chemist and mentor in the Cooperative Education Program at Sigma, states, "My Co-op experience enabled me to learn more about myself and to grow, both personally and professionally. Working as a Co-op student helped me build my self-confi-

dence." Sigma recruits nationwide and only accepts three participants each semester to enter the program.

Sigma Chemical Company has been a partner with the U.S. Army Corps of Engineers and the St. Louis School Partnership in the Careers in Science program. Careers In Science, started in 1993, is a program designed to stimulate high school students' interested in careers in science and technology. This program has given students from the St. Louis Metropolitan

Area hands-on experience with local organizations and industries. The spirit of the program is to create strong, interest and relationships with Academics, Industry, and the Government to work together to re-

cruit the best people for the jobs of the future.

Erin Connett, also a Park Ranger, was a volunteer for the Rivers Project and went through the first Careers in Science program in 1993. She was then hired as a STEP in 1994 and took over as the coordinator for

the Careers in Science program. Eric also has assisted with the program in years past.

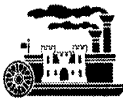
Erin was promoted to a SCEP in Interpretive Services in 1996 and is attending St. Louis University as the first student to pursue the newly offered Conservation Ecology Major. This program gives the Rivers Project Office a partnership with St. Louis University for possible research projects and programs in the future.

The SCEP program is an important and useful tool in beginning a career in a science or technological field. The Rivers Project has several employees who have participated in STEP or SCEP programs. They have either gone on to other career fields in science, like Eric, or have retained a permanent position in the Corps of Engineers, such as project managers, engineers, park rangers, and administrative business personnel.

Because of past success in the career placement of individuals, the Corps of Engineers, as a partner in the Careers in Science Program, continues to provide the young people of today with rewarding,

successful, and exciting opportunities of career possibilities.





# Big River Days is back

The fifth annual Big River Days Event will be held in historic Clarksville, Missouri at Riverfront Park on the bank of the mighty Mississippi on Saturday and Sunday, September 18th and 19th, 1999. The event will begin at 10:00 a.m. and will end at 5:00 p.m. on both days.

Big River Days has something to offer everyone, from Colonial reenactments to the riverboat music, traditional foods, Birds of Prey displays, blacksmiths, and much, much more. Also present at Big River Days will be the Hawg Trough (a 5000 gallon aquarium) with native river fish, Native American encampment, eagle display, fish display, kids activities, educational tours of the River, and other river related activities. Big River Days is a fun way to learn why our big rivers are so important today, why

they were important in the past, why they will be important for the future, and how they relate to you.

This event is sponsored by the City of Clarksville in cooperation

Corps of Engineers. If you're looking for a fun and exciting way to spend the weekend, come to historic Clarksville, Missouri to celebrate our big rivers.



Some of the crowd at the Clarksville riverfront during the last Big River Days.

with the Missouri Department of Conservation, U.S. Fish and Wildlife Service, Illinois Department of Natural Resources, and U.S. Army

For more information, please contact the U.S. Army Corps of Engineers Riverlands Clarksville Office at (573) 242-3724.

## Resource Project (continued)

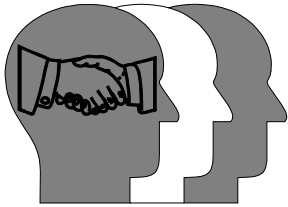
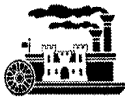
Billboards Across Missouri program. Ten safety billboards are being placed throughout Missouri each year for the next five years, made possible by the partnership between the Corps districts in Missouri, the State Highway Patrol, State Water Patrol, Department of Public Safety and Division of Highway Safety.

Partnerships with private industry have also resulted in lake and area improvements. For example, project communications capabilities were enhanced through a partnership with Southwestern Bell Wireless, Inc. Through this agreement, cellular service is provided in the lake area and, at no charge, to the lake staff.

Along with all of its successful natural resource management programs, Wappapello Lake continues to fulfill its intended purpose. Between 1993 and 1997, the lake's water control plan has prevented an estimated \$15.5 million in flood damages to the St. Francis River Basin. The lake staff has developed an Emergency Flood Plan to be more effective during high water situations by specifically spelling out a step-by-step process for warning the public of flooded roads and closed recreation areas, and coordinating outflow with downstream customers.

Lieutenant General Joe Ballard, Chief of Engineers, personally presented the award to Wappapello Lake Project representatives Gary Stilts (Acting Operations Manager), Diane Stratton (Acting Assistant Operations Manager), and Andrew Jefferson (Park Ranger).

The award, along with others received during the past year, will be placed in the Bill Emerson Memorial Visitor Center at the lake. The Wappapello Lake Staff thanks everyone for helping make Wappapello Lake the best in the nation.



# EE O matters

## Mexican Independence Day and Cinco de Mayo

The 16th of September 1810 marks the beginning of Mexico's struggle for independence from Spain. This day is similar in many ways to the American "4th of July" which commemorates American independence from Britain. Mexican Independence Day is the culmination of the Fiesta Patrias, a festival celebrating Mexico's independence. The festival reaches a dramatic peak on September 15 at 11:00 P.M. when the President appears on the balcony of the National Palace to recite the Grito de Dolores. "El Grito de Dolores" (The cry in the village named Dolores-Sorrows) "Long live Independence! Long live America! Death to bad Government!" recreates the speech given by don Miguel Hidalgo y Costillo on September 15, 1810. Hidalgo called for Mexican self-rule

and a revolt against Spain. He was captured and executed by Spanish troops in 1811 and Mexico did not win independence from Spain until 1821. Independence Day is celebrated on September 16 with fireworks, parades, and ringing of cathedral bells.

Another very important patriotic Mexican celebration is Cinco de Mayo. May 5, recognizes one of the most triumphant military victories in Mexican history. In 1861, Mexico was ruined economically after a prolonged and devastating war of independence against the Spanish and the loss of more than half of its territory to the United States. Forced by circumstances, Mexican president Benito Juarez suspended payments on the foreign debt. French emperor, Napoleon III, took advantage of the situation to impose a French military

presence in Mexico to help counter-balance the rising power of the United States, which was engaged in a civil war. Soon the powerful French army landed in the Port of Veracruz and the journey toward the capital began in earnest, as French troops approached Pueblo.

On May 5, 1862, 6,000 well-trained French soldiers fought against fewer than 4,000 Mexican irregular troops. The Mexican soldiers, described by a French intelligence report as in a state of disorganization, gathered just outside Pueblo. By sunset, the Mexican army had defeated the French army and forced it to withdraw. The battle and victory represent a people's ability to succeed despite overwhelming obstacles.

Victory, however, did not last long. One year later, French troops occupied Mexico City, and it was not until 1867 that President Juarez was able to reestablish the republic.

Sharing celebrations such as Cinco de Mayo and our southern neighbor's Independence Day facilitates a dialogue between different groups and builds bridges between the different cultures that flourish in the United States.

## A Labor Day observation

# Hours we average at work

Labor Day is the day set aside for workers, an extra day of rest for those who toil in factories, in offices, and all the other places we earn our livings.

In 1997, the average American worked 1,904 hours, says the International Labor Office in Geneva, Switzerland. It was the second longest work year among major countries, outranked only by Japan with 1,990 hours. By contrast, most Europeans worked less. In Germany, the typical worker put in 1,573 hours.

All countries have seen a sharp reduction in work hours from 100 years ago. Then, 10-hour days and six-day workweeks were standard. The average American worker spent 2,974 hours on the job in 1870. The figure was about the same in Europe, where the lowest annual work hours were 2,935 in Austria.

Further, people started work at a younger age and lived shorter lives. According to the Federal Reserve Bank of Dallas, the average person started working at age 13 in 1870, and

life expectancy was 43.5 years.

Most workers worked until they died.

Although some people say vacations should be longer in the U.S., the evidence suggests that Americans prefer working more and the high income that comes with it, to working fewer hours and having a lower income.

Europeans have chosen the opposite course, in part because their taxes are so much higher, making increased time off the most cost-effective means of increasing their real incomes.





## Our new employees



Michelle Clark is our newest park ranger. She has assumed duties at the Rivers Project Office in Clarksville, Missouri. Michelle comes to us from the Air Force where she was an Inventory Management Specialist.

## Top 10 Y2K tips

1. Check with your accountants to see if they are prepared for the year 2000.

2. Pay by check. Be prepared to prove payments that you have made in the event of a dispute.

3. Pay early. There's a better chance that your payments will be recorded properly.

4. Get prescriptions refilled well before January 1. By the time you need another refill any problem at the pharmacy will be solved.

5. Stash a little cash. Have it on hand so you can avoid a crowd of panicky people at the ATM.

6. Near the end of 1999, get a current record of your balances on checking and savings accounts so you will have them in case your bank has a problem.

7. Get a current credit report. Try Equifax at [www.equifax.com](http://www.equifax.com).

8. Get stock reports. Near the end of the year, ask your broker to send you an update on your stocks and mutual funds.

9. Get paper receipts. Especially if you bank online. Ask for a paper report of transactions before December 31.

10. Follow up. After the first of the year, get new copies of your credit reports to guard against filing of false delinquencies.

It is doubtful that utility companies will fail to perform. If you have doubts about the company serving you, tune up the kerosene heater, get a good supply of candles and buy new batteries for your portable radio.

## News Briefs (cont.)

summer for the past seven years was the facilitator for the delivery.

Colonel Morrow met with the school's principal, who expressed his thanks on behalf of the 550 students.

The St. Louis District continues to be a caring partner in our community. We should all be proud of our many charitable activities.

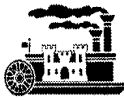


Cathy Fox, Colonel Morrow, Daisy Fisher and Marla Hayes carry school supplies into Froebel School.

## This month's test sentence

On a few occasions, we had to give employees a firm reminder that the program's success was dependent on the joint cooperation of each and every one of them.

Revision on next page.



## Coming Lake Events

### Carlyle Lake

Sept. 11-12 Whale of a Sail Regatta  
 Sept. 18 Carlyle Lake Cleanup  
 Oct. 22-23 Haunted Trail  
 Nov. 7 Youth Pheasant Hunt  
 Dec. 3 Christmas USA Visitor Center  
 Lighting

### Lake Shelbyville

Oct. 7 Eco Meet

### Rend Lake

Sept. 11 Rend Lake Cleanup

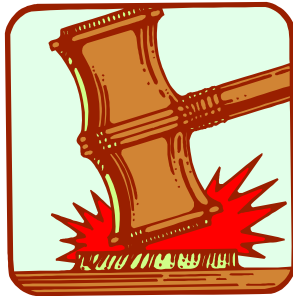
### Wappapello Lake

Sept. 18-19 8th Annual Old Greenville Days  
 Nov. 26-Dec. 25 7th Annual Festival of Light  
 Christmas Auto Tour

### Mark Twain Lake

Sept. 24 Environmental Education Fair  
 Oct. 2-3 Missouri Mule Days  
 Oct. 9 An Adventure in Astronomy

## The Ethics Corner



by Mark Wunsch, OC

In 1996, "Change 2" to the Joint Ethics Regulation (JER) allowed for the usage of government resources for "authorized purposes" as well as for the government's official business. An "authorized purpose" is determined by the first-line supervisor (the so called, Agency Designee) of the employee wanting to use the government's resources for other than the Agency's official business.

Five criteria must be met for a first-line supervisor to make a determination that a usage of government resources can be an "authorized purpose" (JER 2-301). These criteria are:

a. the use must not adversely affect the performance of official duties of the DoD employee

or the employee's organization;

b. the use must be of reasonable duration and frequency, and made only during the DoD employee's personal time such as after duty hours or lunch periods;

c. the use must serve a legitimate public interest (such as supporting local charities or volunteer services to the community or enhancing professional skills of the DoD employee);

d. the use must not put the Federal Government resources to uses that would reflect adversely on DoD or the DoD Component (such as involving commercial activities; unofficial advertising, soliciting or selling; violation of statute or regulation; and other uses that are incompatible with public service); and

e. the use must create no significant additional cost to DoD or the DoD Component.

It is important to note that one government resource is specifically omitted from the resources which

can be used for "authorized purposes" - personnel. Yes, we are all government resources (like computers, phones and copiers) yet, our time cannot be used for "authorized purpose", therefore, our time on the job must be used for official business only.

The rationale for this exclusion is set out in JER 3-305 b.: Because of the potential for significant cost to the Federal Government, and the potential for abuse, DoD employees, ... may not be used to support the unofficial activity of another DoD employee in support of non-Federal entities, nor for any other non-Federal purpose.

### Sentence revision

Occasionally, we had to firmly remind employees that the program's success depended on cooperation from each of them. *Traps avoided: On a few occasions, give reminder, was dependent, joint cooperation and each and every.*



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To your health

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## Proven stress busters calm the body and the mind

Doctors are learning that "Stress" isn't just a catchall term. Today it's linked with heart disease, immune deficiency, memory loss and childhood stress that leads to adult health problems.

In the short term, it's vital. We need it to cope with danger, but if we place ourselves in a position of chronic stress, we endanger our health. Oddly, we do it to ourselves.

"Living a stress-free life is not a reasonable goal. The goal is to deal with it actively and effectively," says Dr. David Spiegel of Stanford University. Some recommended methods of dealing with stress:

Emulate people who are naturally stress resistant. By studying them, researchers found they share distinctive habits of mind.

- \* They focus on immediate issues, such as a dying person's comfort, rather than on global issues such as the prospect of death.

- \* They find ways to rationalize

horrible experiences, many interpreting an ordeal as a special assignment from God. If you can view a disaster as part of a loving plan, it is easier to deal with.

- \* They have what experts call an optimistic explanatory style. Psychologists at the University of Pennsylvania say they assume their troubles are temporary, thinking they have had a bad day rather than thinking their reputation is ruined.

- \* They credit themselves when things go right, while externalizing some failures. They think, for example, that the audience was tough, not that their speech was terrible.

Even pessimists can learn to control stress response say doctors at the University of Massachusetts' Center for Mindfulness in Medicine. In their weekly session, a stress program focuses on breathing to quell the mind's forays into the past and future. Patients then "scan" their bodies, relaxing one muscle at a time.

## O.K. to exercise with a cold

Ongoing moderate exercise is known to decrease the risk of upper-respiratory infection, but until now there was no information on how exercise affects the duration and severity of a cold. Dr. Thomas Weidner of Ball State University did an extensive study on that subject and concludes that, in student volunteers, there was no difference

between moderate exercise and non-exercise groups. He says people with head colds can continue moderate exercise without prolonging the cold or making it worse.

The American College of Sports Medicine says the intensity of a strenuous workout should be decreased when you have a head cold.

## Paths to a healthier walk

### 1. Team up for big benefits.

Find a pal or two who want to walk for long-term good health. Doctors at the University of Minnesota did a follow-up study on middle-aged women who walked alone or in groups. After 10 years, only two percent of group walkers had heart disease, as opposed to 12 percent who walked alone. The key: Those who walked together continued to walk after the initial program ended.

### 2. Take shorter steps if you get sore knees.

Elaine Ward, author and founder of the North American Racewalk Foundation, says next time you pick up your pace, try shortening your stride while you speed up. Here's how to do it:

Count your steps per minute and gradually increase the number. Bend your arms at the elbow and match your arm swing with your steps. Fast music can help you match steps to a beat but you can also buy a small electronic metronome that sets the workout pace and clips to a jacket.

### 3. It's O.K. to walk if you have arthritis.

Even if you have it in our knees, doctors at the University of Missouri School of medicine say walking 30 to 45 minutes at a moderately brisk pace is not harmful. Be sure to have good walking shoes.





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## Retiree Review

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By the Retiree Correspondent

August is here and the sound of the end of summer can be heard. Maybe that's not what was heard. Maybe it was the returning of many of the retirees to the monthly luncheon. Many of the retirees have been traveling to see friends and relatives. August 19th found a good number of them enjoying each other's company and discussing their travels and happenings of the past months.

Elsie and John Kalafatich returned from the great Southwest. They looked rested and ready to do some serious living. They even said they were throwing caution to the wind after the luncheon and going to Ted Drewes, regardless of the consequences. That is what I like, adventuresome retirees.

George Clapp said he has been so busy that he is glad he retired, or he wouldn't have time to do everything. He laid out his schedule for the rest of the year and he said he might find time to make maybe one more luncheon.

Lew and Helen Scheuermann have been busy "traveling" also. They have been to see Elmer and Estelle Huizenga. Lew said that the last time he talked to Elmer, he said he had a pain in the back. (Estelle probably said it was a little lower, most of the time.) This, together with his sore knee, keeps him from making the drive up to St. Louis. Elmer, get better soon, so you can make an appearance and defend yourself in person.

Charlie Denzel reported that John Jansen is a little under the weather and not even volunteering much at St. Anthony's Hospital. He said that John told him that Warren Hartke even called him to go to lunch and he refused. Not to be deterred, Warren went by a fast food place, bought some sandwiches and went over to John's house and had lunch. That's what you call determination and friendship. Charlie was asked how old John was and he said he was about three months younger than Bob Maxwell. Bob, who was sitting nearby, chose to ignore the comment. Charlie also said he recently met Ken Alexander. He was up from Florida visiting family, and looking great. He told Charlie that his wife recently passed away. Ken, accept our condolences on your loss.

Laurel Nelson said she had a great time in Florida and that she recently called L. G. Kugler. L. G. said he wasn't feeling too good. It seems that his legs are starting to fail him, and he can't get around like he wants to. L.G., we are all looking forward to your getting back on your feet and getting back with the group.

Lois and Ron Bockhorst said they were winners at the last NARFE meeting raffle. They also said that Charlie Denzel was a winner, but he had to leave early. They hope that Charlie shares his "big winnings" with his charming wife.

Pete Puricelli said he heard that the Change of Command went very well. He heard that there were three former District Engineers present to make sure they did it right - Bob Dacey (Bobby Joe to some of his close friends), Lee McKinney and Dan Wilson (official retirement titles were omitted due to the informality of this article). They all looked like retirement is treating them well. Pete also said that he noticed that Neil Krigbaum's wife passed away. Neil was the lock master at Lock and Dam No. 25 years ago and had passed away himself some time ago. Condolences to the Krigbaum family.

Gordon Davis, who lives in the Kansas City District, came looking for Bob Lutz. It seems that Gordon recently talked to Emmett Hahn and invited him to the luncheons. Emmett said he would come when and if both Gordon and Bob would be there. Unfortunately, Bob was off doing whatever he does when he's not there - having fun or doing charity work.

Don Wampler said the mention of all the names of old retirees was making him feel really old, since he hired many of them.

There were some great stories by George Clapp, Charlie Denzel and Gordon Davis. Gordon was trying to tell the group about where he lives, very near a golf course, and some confusion with his bees and golf balls. You had to be there to appreciate the discussion.

The next luncheon is scheduled for September 16th at 11:30 a.m. at the Salad Bowl. Make it a point to attend and contribute to the enjoyment of the group.

# A Labor Day salute to the American worker

The great treasure of America is not in the land, as beautiful and bountiful as it is. Nor is it gold in the vaults or currency and coins.

You can find our real treasure by looking into any telephone book. There you will see a sampling of work by millions of skilled people who are this nation's true treasure.

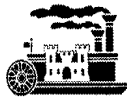
As we do with many of our blessings, we might take these working people for granted. It doesn't occur to us that without them nothing would be built, and no one would repair our machines and appliances. If it were not for this great army of working people, our country would come to a standstill overnight.



The value of knowledgeable and skilled people can be seen immediately when you think about developing countries. They have plenty of intellectuals. What they are short of are carpenters, mechanics, sheet-metal workers, iron workers, cement finishers, painters, nurses, secretaries, medical technicians, bookkeepers, electricians, pipefitters, machinists and all the other kinds of skilled people who make our country great.

As we think of the future, it is a comfort to know that whatever the future brings, it won't bring any job that our working men and women can't handle.

On this Labor Day, we salute working people whatever their jobs may be. They are the body and soul of America.



***ESPRIT***